



Memory Improvement: The Key to Retaining Information

Sandy Harper

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Memory Improvement: The Key to Retaining Information is an audiobook that will help those of us who have challenges remembering things to learn some great tricks and tips that will help improve those long and short term memory skills. Suffice it to say that exercise and a healthy balanced diet also play a role in how the memory works. An individual that is not in the peak of health will have challenges remembering things. The author outlines each process in such a way that the listener will have no problems understanding it and that they will also be able to follow the advice that is given without a problem. The listener may even be surprised that some things that were taught in school to remember certain things like the periodic table were memory improvement techniques.

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